



**Urban  
Outdoors**  
*Adventures in Nature-*  
 18, Pandian Way, London NW1 9AE  
 email: urbanoutdoorslondon@gmail.com

<b>Activities</b>		
<p>Each Site has its own specific risk assessment. This is for a site we sometimes use in Waterlow Park. All Site risk assessments available on demand.</p> <p>Site is a park in an urban environment. Terrain is wooded, broadleaved, dense woodland and open with varied terrain, pathed with wood-chip, steep at points, fully enclosed by boundary fences. Access is through gate, no vehicular access. Trees managed by external wildlife trust (camden parks) Pond, (waist deep and fenced non-accessible). Site is open to general public during FS sessions. No washing facilities, no toilet due to Covid 19 (camping toilet)</p>	<b>Risk coding P</b>	<b>Risk coding S</b>
	1; Very Unlikely 2 3 4 5; Very likely	1; TLC 2; 1 <sup>st</sup> Aid 3; non-emergency care 4; emergency medical care 5; multiple injury or death

## Risk

<b>Risk / Hazard identified</b>					
<b>Hazard</b>	<b>Harm</b>	<b>People at risk</b>	<b>Prob-ability (P) 1-5</b>	<b>Severity (S) 1-5</b>	<b>Rating PxS 1-25</b>
<b>Rope work</b>	Falling Strangulation trips	Forest school participants	1	4	4Low



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<b>Existing preventative measures</b>					
Safety talk. Windy weather risk assessment. Safe rope work is taught as a group activity and ropes are used to make swings, raise tarpaulins and for investigation into pullies. Monitored by trained Forest School Staff, knots checked for safety before use.					
<b>Benefits analysis</b>					
<b>Self awareness</b>	<b>Self regulation</b>	<b>Self motivation</b>	<b>Empathy</b>	<b>Social skills</b>	
Awareness of surroundings	Manage own feelings about height	Success at tying knots/raising things off of floor	Enjoyment of group	Shelter/swing create fun community activity	
<b>Risk / Hazard identified</b>					
<b>Hazard</b>	<b>Harm</b>	<b>People at risk</b>	<b>Prob-ability (P) 1-5</b>	<b>Severity (S) 1-5</b>	<b>Rating PxS 1-25</b>
<b>Gathering woodland resources</b>	Grazes, sprains, branch punctures	Forest school participants	4	2	8
<b>Existing preventative measures</b> Site is pathed and children are asked to keep to paths. Site sweep for fallen branches/ animal holes/ low branches. Appropriate sturdy footwear. Safety talk on stick use.					
<b>Benefits analysis</b>					
<b>Self awareness</b>	<b>Self regulation</b>	<b>Self motivation</b>	<b>Empathy</b>	<b>Social skills</b>	
Awareness of surroundings coping with pain /	Managing fall / scratch within own terms and comfort zone	Using awareness of surroundings to avoid trip fall	Looking to help others who may fall	Communicating about fall and comforting others	



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scratch					
<b>Risk / Hazard identified</b>					
<b>Hazard</b>	<b>Harm</b>	<b>People at risk</b>	<b>Prob-ability (P) 1-5</b>	<b>Severity (S) 1-5</b>	<b>Rating PxS 1-25</b>
<b>Tree climbing</b>	Scratches and grazes falls	Forest school participants	3	1	3 Low
			1	4	4 Low = 7
<p><b>Existing preventative measures</b> All made aware of safe tree climbing practice – 3 anchor point rule always enforced (there should always be three limbs in contact with tree ) Climbing height is limited to 1.5 metres for under 8’s and under 2.5 metres for over 8’s. Long sleeved clothing. Sensible footwear. Shown how to check for deadwood and what limbs are thick enough to take their weight.</p>					
<b>Benefits analysis</b>					
<b>Self awareness</b>	<b>Self regulation</b>	<b>Self motivation</b>	<b>Empathy</b>	<b>Social skills</b>	
Improving ability to manage feelings Physical awareness and strength	Managing feelings Balance and strength	Perseverance to own personal goal joy of achievement	Showing others how to climb safely	Explaining to others how it felt to be high up sharing in joy of tree climbing	
<b>Risk / Hazard identified</b>					
<b>Hazard</b>	<b>Harm</b>	<b>People at risk</b>	<b>Prob-ability (P) 1-5</b>	<b>Severity (S) 1-5</b>	<b>Rating PxS 1-25</b>
<b>Shelter</b>	Bumps and bruises	Young people	1	3	3 Low



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<b>Building</b>	scratches				
<p><b>Existing preventative measures</b> children are shown how to make an A-frame shelter from woodland resources, the interlocking branch forks that are needed to create a sturdy base for a shelter. All branches longer than waist height or heavy logs should be moved by two people, or rolled. children are made aware of how to turn around with long sticks.</p>					
<b>Benefits analysis</b>					
<b>Self awareness</b>	<b>Self regulation</b>	<b>Self motivation</b>	<b>Empathy</b>	<b>Social skills</b>	
Able to move large objects and create large structures	Stop and think before action – sense of increased personal space when working with large items	Sense of place secret space, warmth and comfort	Sharing comfort and design with others	Following sensible direction of others Moving branches in teams Working together on design Sharing the space	
<b>Risk / Hazard identified</b>					
<b>Hazard</b>	<b>Harm</b>	<b>People at risk</b>	<b>Prob-ability (P) 1-5</b>	<b>Severity (S) 1-5</b>	<b>Rating PxS 1-25</b>
<b>Pond Dipping</b>	Slips and falls into water	Young people	1	3	3 Low
<p>Existing preventative measures. Lying flat on tummy when dipping in the pond. Wildlife is to be investigated from the platformed edge, in groups. Under 5's are supervised. Access from the edges is discouraged as it disturbs the wildlife and reeds surrounding the pond, which helps prevent slips on wet surface. Pond is waist height to an 8 year old and users are asked to lie on their stomachs on the platform to investigate the pond. Sometimes included in Out of Bounds in younger free play sessions.</p>					



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<b>Benefits analysis</b>				
<b>Self awareness</b>	<b>Self regulation</b>	<b>Self motivation</b>	<b>Empathy</b>	<b>Social skills</b>
Awareness of surroundings, awareness of body weight	Managing feelings of excitement and managing body in different positions	Awe and wonder at pond life	Watching out for those younger than themselves	Helping others walk sensibly

<b>New preventative measures</b>	<b>Who? When? Responsibilities.</b>	<b>Benefits / outcome</b>

PS 12+ = Emergency action plan



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